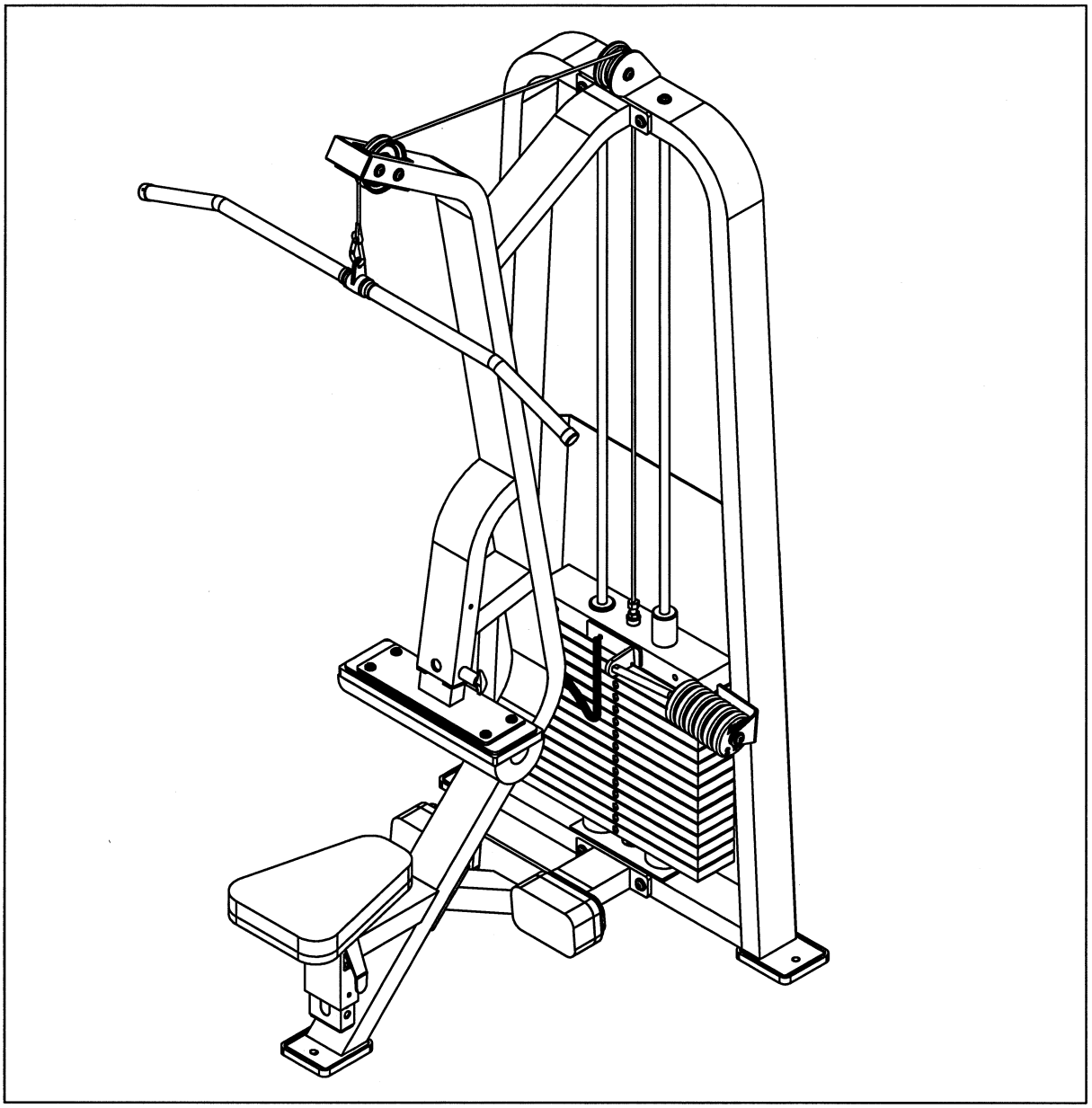
# OWNERS MANUAL

HOIST®
FITNESS SYSTEMS

## CL2201



AUGUST, 2002

**Note: Both Serial Number and Model Number are Required when Ordering Parts**

**RECORD SERIAL NUMBER HERE**


**Customer Service**
(800) 548-5438
(858) 578-7676
Fax
(858) 578-9558

# OWNERS MANUAL

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# Step 1

## INSTRUCTIONS

**Before beginning assembly please take the time to read the instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use the part number and description from the lists. Use only Hoist replacement parts when servicing. Failure to do so will void your warranty and could result in personal injury.**

**Hoist equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems. first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized Hoist dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.**

## TOOLS REQUIRED

**Standard Allen Wrench Set**
**(2.5mm, 3/32" thru 5/16")**

**1/2", 9/16", Open End Wrench**

**Belt Tensioning Wrench**
**(Hoist Tool SM374)**

**Crescent Wrench**

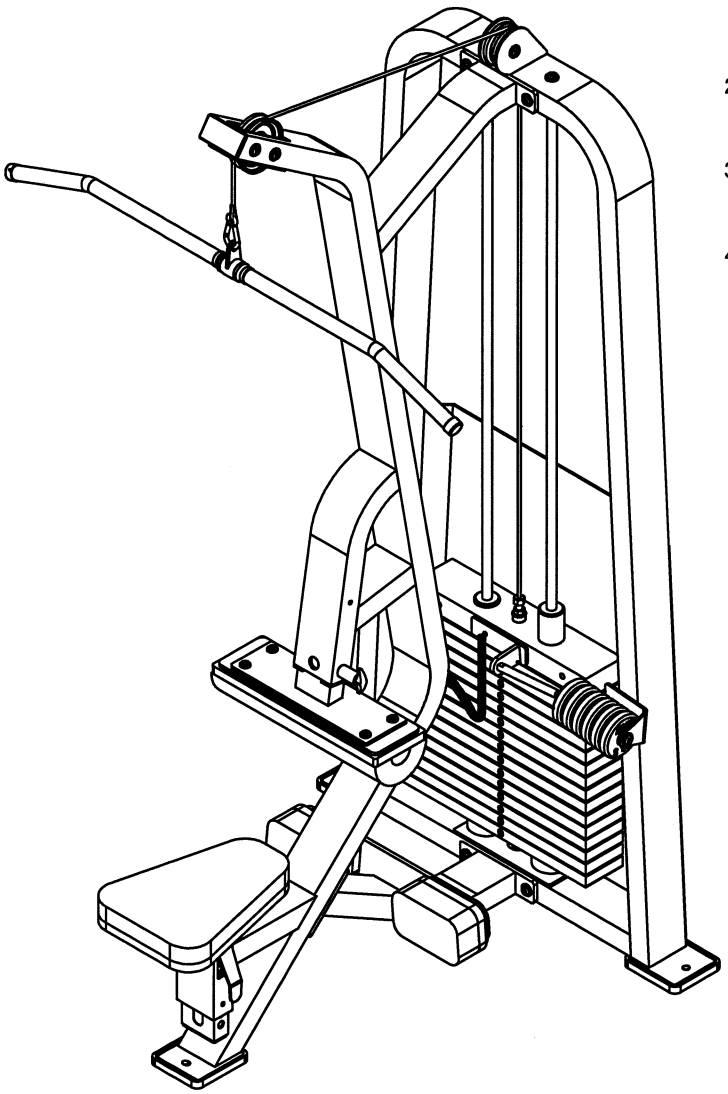
**Rubber Mallet**

**Tape Measure**

# OWNERS MANUAL

# Step 2

## FRAME ASSEMBLY



**FACTORY INSTALLATION INSTRUCTION ONLY**

1. ALL THREADED HOLES SHOULD BE TAPPED, EXCEPT INSERTS.
2. ALL CALLED OUT INSERTS MUST BE INSTALLED BEFORE ANY ASSEMBLY.
3. ADD A DROP OF BLUE LOCTITE 242 ON BOLTS IF NECESSARY.
4. APPLY GREEN LOCTITE 680 TO ALL BEARINGS IF NECESSARY.

## STEP 2a
## FRAME ASSEMBLY

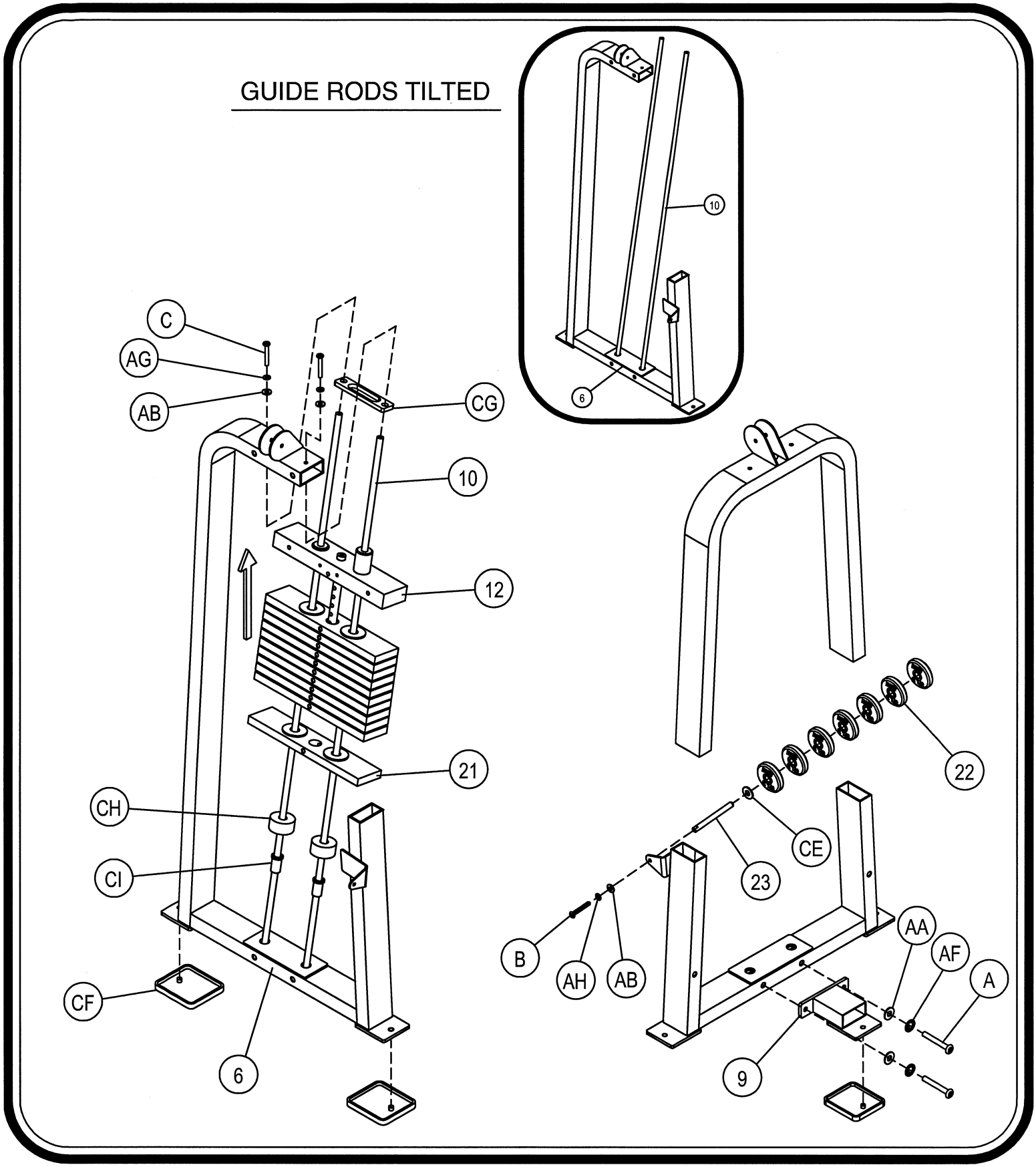
**Start assembly by bolting (9) to (6). Next slide (10)'s into (6) and let (10)'s tilt outward as shown. Start assembly by sliding (CI)'s onto (10)'s and press it into (6). Now slide (CH)'s onto (10)'s and place them over (CI)'s. Make sure (10)'s are applied with Superlube. One by one slide (21)'s onto (10)'s followed by (12). Place (CG) on top of (10)'s and slowly tilt (10)'s back to it's original position and bolt. Attach (23) to (6) then slide (CE) and (22)'s onto (23). See diagram for procedure. Wrench Tighten bolts.**

**Part Descriptions**

6 - WEIGHT CAGE ASSEMBLY
9 - SUPPORT STABILIZER ASSY.
10 - Ø3/4" x 73" GUIDE ROD
12 - 15 LB. ALUMINUM TOP PLATE
21 - 20 LB. INTERMEDIATE WEIGHT
22 - 2 1/2 LB. ADD ON WEIGHT
23 - ADD ON ROD

**Hardware Descriptions**

A - 1/2"-13 x 1 1/2" BHCS (WZ)
B - 3/8"-16 x 1" BHCS (WZ)
C - 3/8"-16 x 2 3/4" BHCS (WZ)
AA - 1/2" FLAT WASHER (WZ)
AB - 3/8" FLAT WASHER (WZ)
AF - 1/2" INTERNAL LOCK WASHER (WZ)
AG - 3/8" SPLIT WASHER (WZ)
AH - 3/8" INTERNAL LOCK WASHER (WZ)
CE - ADD-ON WEIGHT PLASTIC WASHER
CF - RUBBER FOOT PLATE
CG - GUIDE ROD MOUNT
CH - WEIGHT BUMPER
CI - GUIDE ROD BUSHING


GUIDE RODS TILTED
10
6
C
AG
AB
CG
10
12
21
CH
CI
CF
6
22
CE
23
B
AH
AB
AA
AF
A
9

## STEP 2b
## FRAME ASSEMBLY

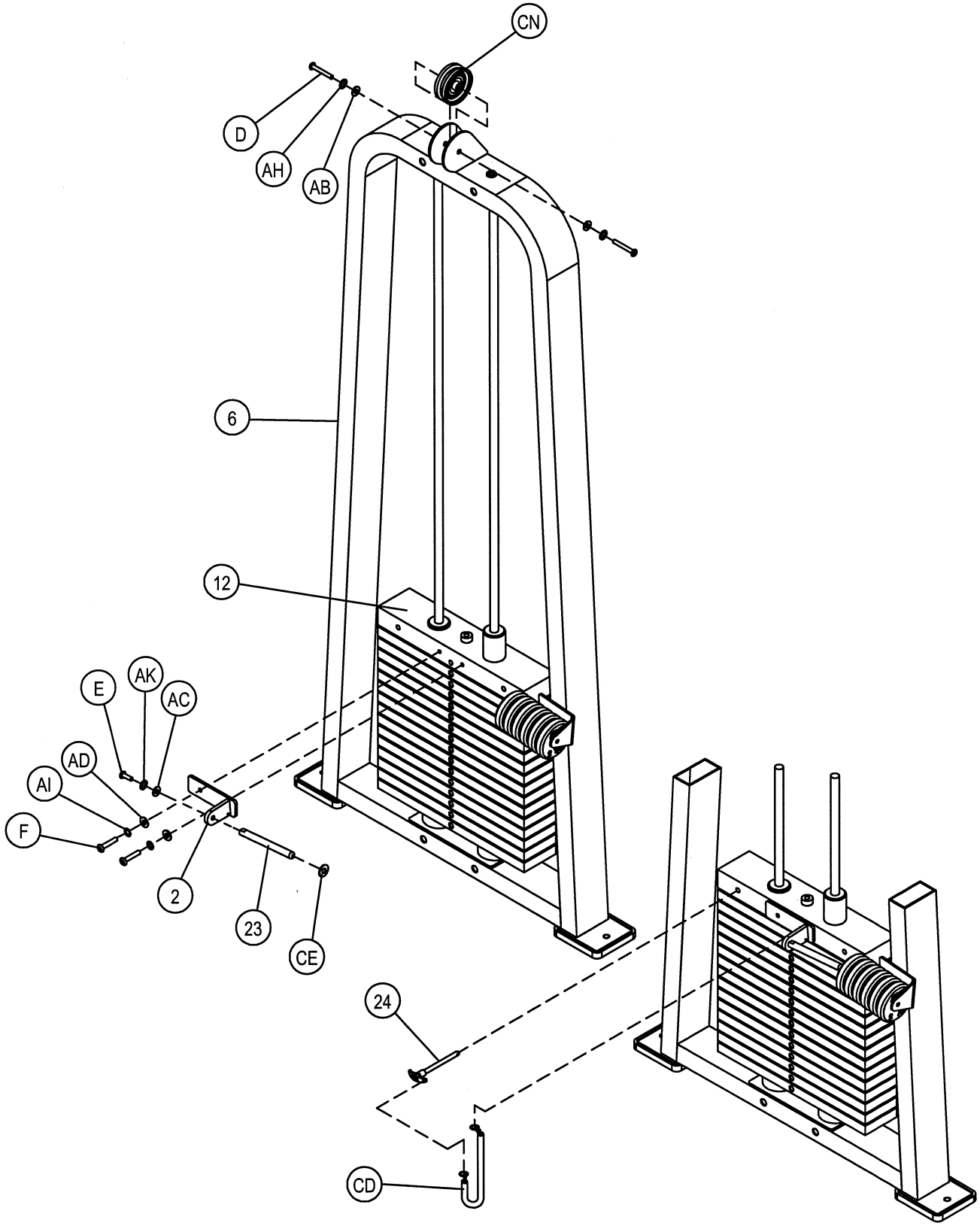
**Start assembly by hand bolting (23) to (2) and slide (CE) onto (23). Next attach (2) to (12) followed by attaching (CD) to (24) and (2). Insert (CN) between the bracket of (6), see diagram for procedure. Wrench Tighten bolts including all previously hand tightened bolts.**

**Part Descriptions**

**2 - CENTER RH BRK (ADD-ON)**
**6 - WEIGHT CAGE ASSEMBLY**
**12 - 15 LB. ALUMINUM TOP PLATE**
**23 - ADD ON ROD**
**24 - SELECTOR PIN**

**Hardware Descriptions**

**D - 3/8"-16 x 3/4" BHC (WZ)**
**F - 5/16"-18 x 1" BHCS (BZ)**
**AB - 3/8" FLAT WASHER (WZ)**
**AC - 3/8" FLAT WASHER (BZ)**
**AD - 5/16" FLAT WASHER (BZ)**
**AH - 3/8" INTERNAL LOCK WASHER (WZ)**
**AI - 5/16" INTERNAL LOCK WASHER (BZ)**
**AK - 3/8" INTERNAL LOCK WASHER (BZ)**
**CD - SELECTOR PIN LANYARD**
**CE - ADD-ON WEIGHT PLASTIC WASHER**
**CN - 3 1/2" PULLEY**


CN
D
AH
AB
6
12
E
AK
AC
AD
AI
F
2
23
CE
24
CD

## STEP 2c
## FRAME ASSEMBLY

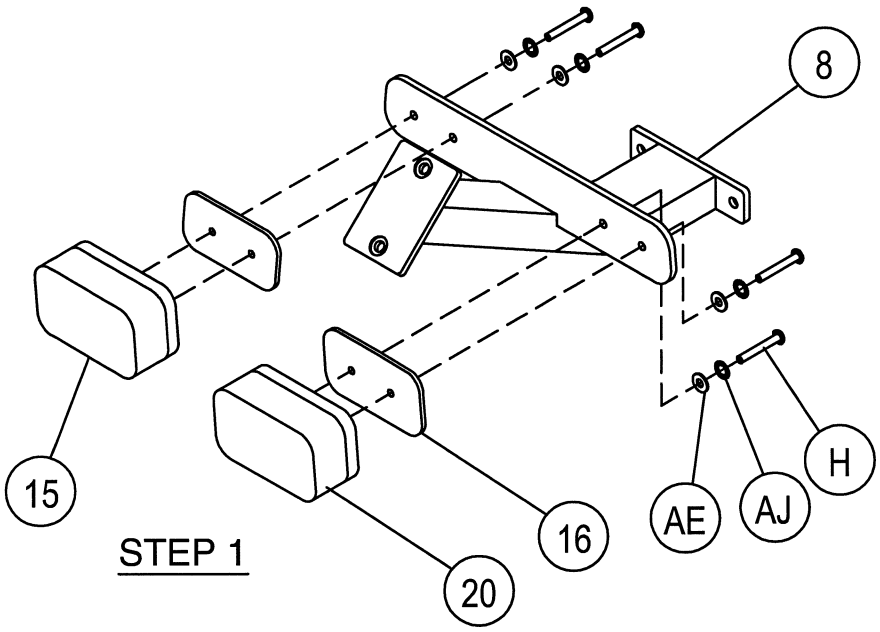
**In step 1 start assembly by bolting (15), (20), and (16) to (8). Step 2 attach (8) to (6), see diagram for procedure. Wrench Tighten bolts.**

**Part Descriptions**

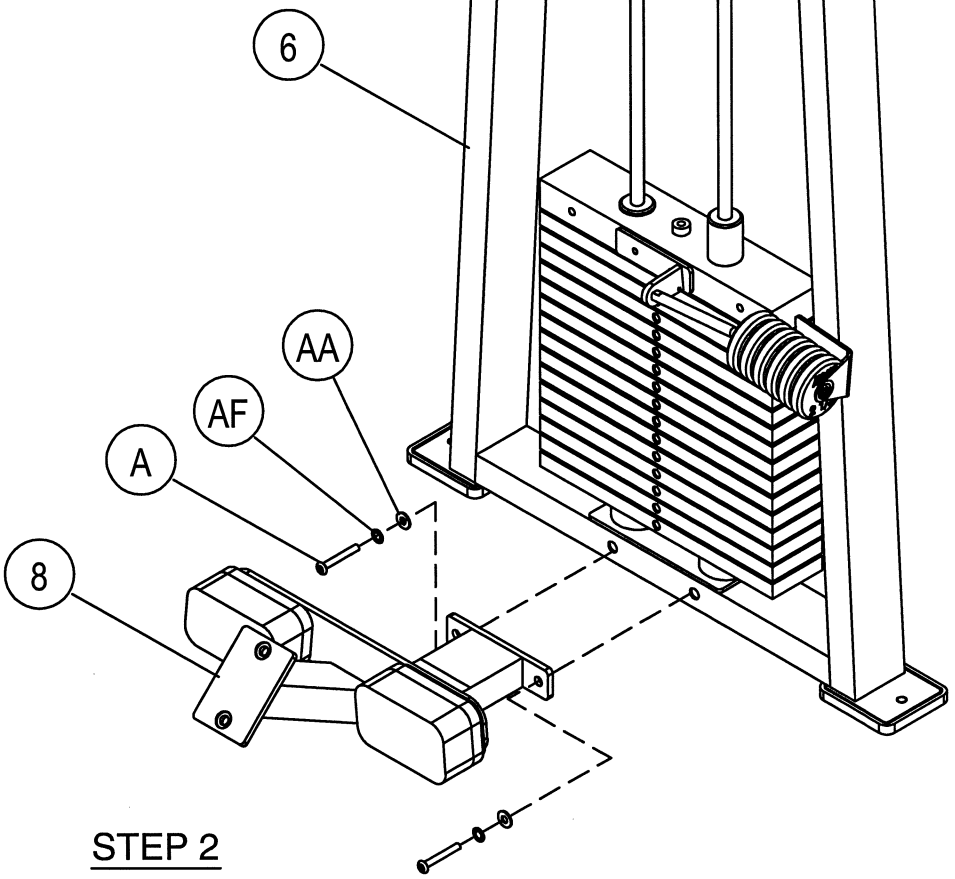
**6 - WEIGHT CAGE ASSEMBLY**
**8 - BRACE MOUNT ASSEMBLY**
**15 - SHIN PAD (LEFT SIDE)**
**16 - SHIN PAD BACKING**
**20 - SHIN PAD (RIGHT SIDE)**

**Hardware Descriptions**

**A - 1/2"-13 x 1 1/2" BHCS (WZ)**
**H - 5/16"-18 x 1 1/4" BHC (WZ)**
**AA - 1/2" FLAT WASHER (WZ)**
**AE - 5/16" WASHER (WZ)**
**AF - 1/2" INTERNAL LOCK WASHER (WZ)**
**AJ - 5/16" INTERNAL LOCK WASHER (WZ)**




STEP 1




STEP 2

## STEP 2e
## FRAME ASSEMBLY

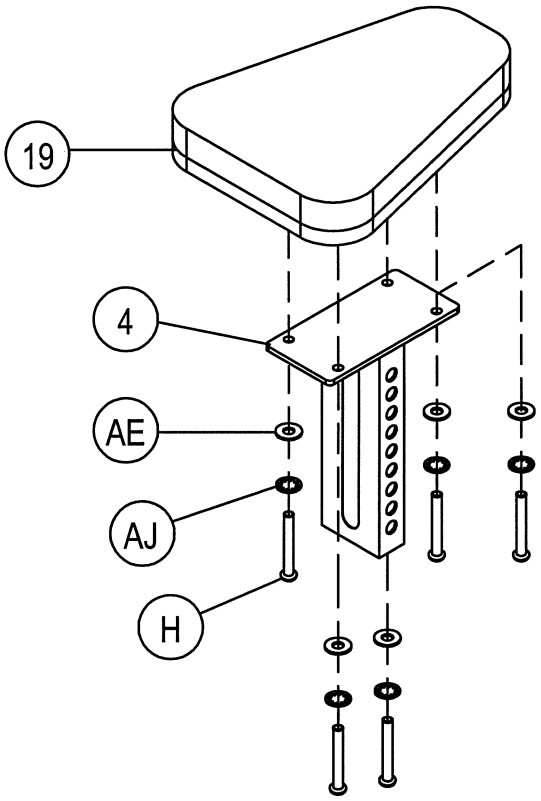
**Start assembly by bolting (19) to (4). Next attach (17) and (18) to (5). See diagram for procedure. Wrench Tighten bolts.**

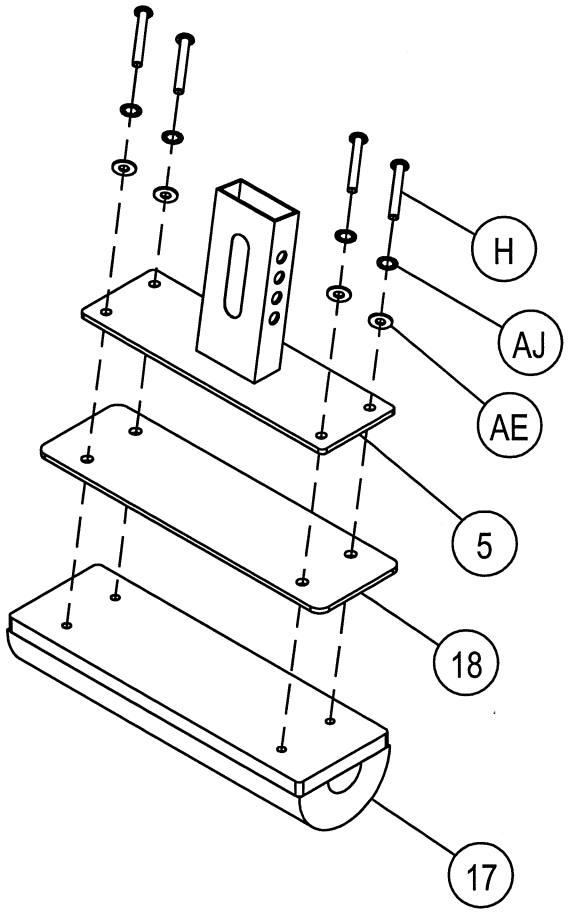
**Part Descriptions**

**4 - SEAT ADJ. ASSEMBLY (9 HOLES)**
**5 - KNEE CHROME ADJ. ASSEMBLY**
**17- KNEES UPHOLSTERY**
**18 - KNEES UPHOLSERY BACKING**
**19 - SEAT UPHOLSTERY**

**Hardware Descriptions**

**H - 5/16"-18 x 1 1/4" BHCS (WZ)**
**AE - 5/16" FLAT WASHER (WZ)**
**AJ - 5/16" INTERNAL LOCK WASHER (WZ)**


19
4
AE
AJ
H


H
AJ
AE
5
18
17

## STEP 2f
## FRAME ASSEMBLY

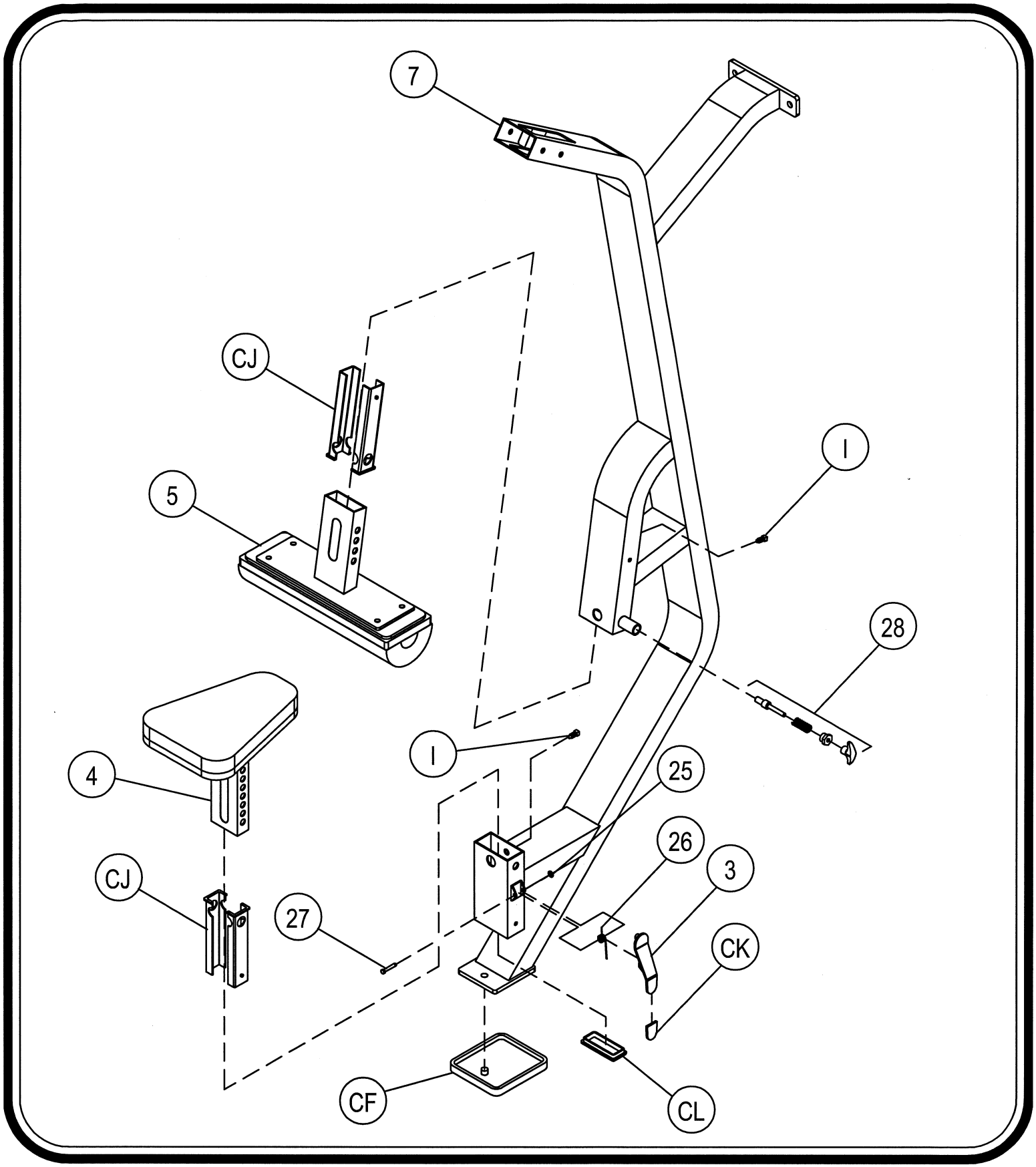
**Start assembly by attaching (28) and insert (CJ) into (7) until the locating boss snaps into the location hole. Next slide (5) into (7) and screw (I) into (7) to lock (5) in place. Next attach (26) and (3) to (7), secure it with (27) and (25). Slide (CK) onto (3)s' end. Now slide (CJ) into (7) until the locating boss snaps into the location hole. Screw (I) into (7) to lock (4) in place. Cover the end of (4) with (CL) and place (CF) under (7). See diagram for procedure. Wrench Tighten bolts.**

**Part Descriptions**

**3 - LATCH ASSEMBLY**
**4 - SEAT ADJ. ASSEMBLY (9 HOLES)**
**5 - KNEE CHROM ADJ. ASSEMBLY**
**7 - SEAT FRAME ASSEMBLY**
**25 - C-CLIP**
**26 - LATCH SPRING**
**27 - C-CLIP SHAFT**
**28 - 1 1/2" SHORT PULLPIN (HEX HEAD)**

**Hardware Descriptions**

**I - 3/8"-16 x 3/4" SQUARE HEAD SCREW**
**CF - RUBBER FOOT PAD**
**CJ - EZ GLIDE SLEEVE**
**CK - RUBBER THUMB PAD**
**CL - 1 1/2" x 3 1/2" END CAP**


7
CJ
5
I
28
4
I
25
26
3
CJ
27
CK
CF
CL

## STEP 2f
## FRAME ASSEMBLY

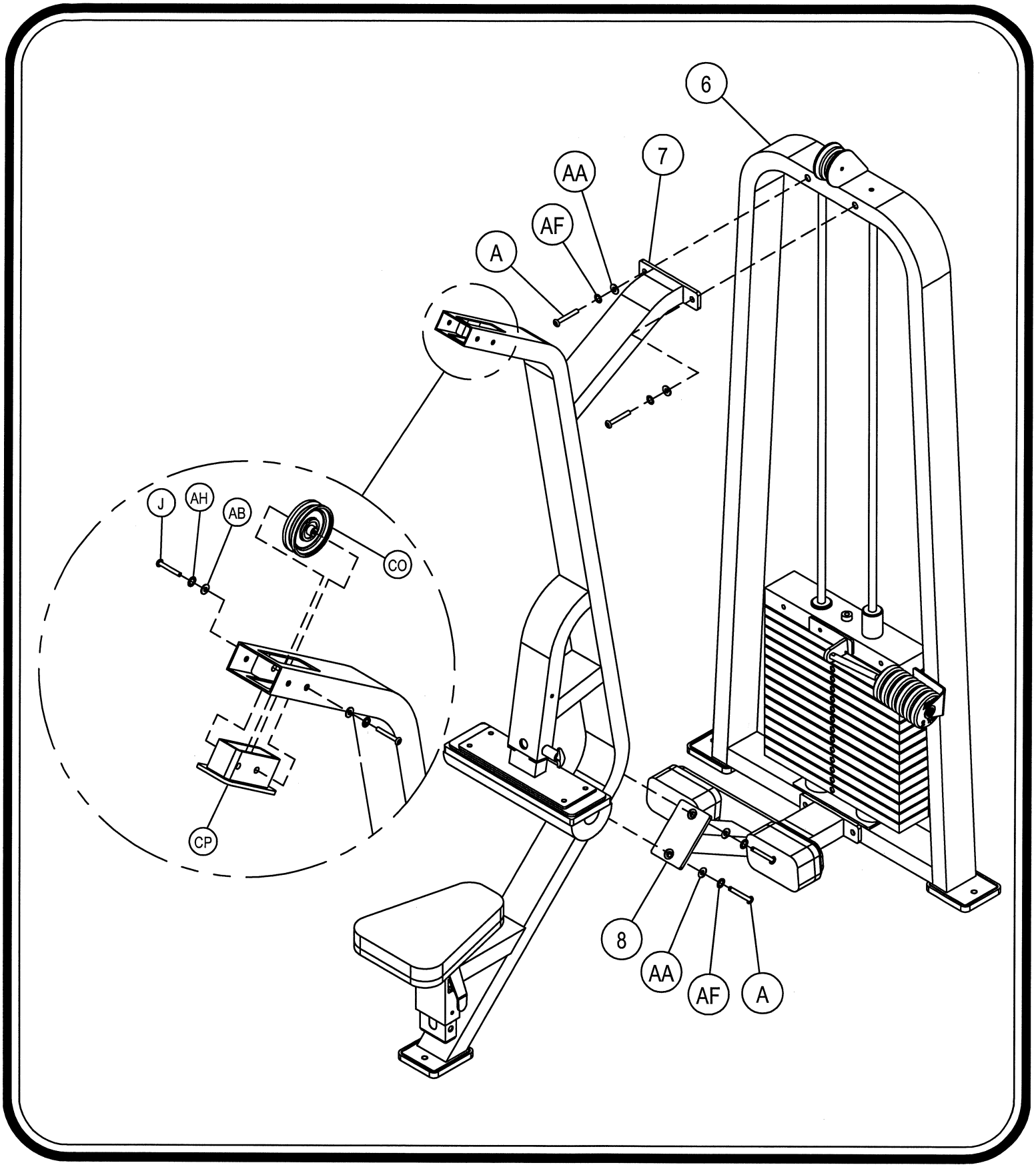
**Start assembly by bolting (7) to (6) and (8). Next slide in (CP) under the slot of (7). Now insert (CO) into the slot of (7) and bolt. See diagram for procedure. Wrench Tighten bolts.**

**Part Descriptions**

**6 - WEIGHT CAGE ASSEMBLY**
**7 - SEAT FRAME ASSEMBLY**
**8 - BRACE ASSEMBLY**

**Hardware Descriptions**

**A - 1/2"-13 x 1 1/2" BHCS (WZ)**
**J - 3/8"-16 1 1/4" BHCS (WZ)**
**AA - 1/2" FLAT WASHER (WZ)**
**AB - 3/8" FLAT WASHER (WZ)**
**AF - 1/2" INTERNAL LOCK WASHER (WZ)**
**AH - 3/8" INTERNAL LOCK WASHER (WZ)**
**CO - 4 1/2" PULLEY**
**CP - PLASTIC SLEEVE**


6
7
AA
AF
A
J
AH
AB
CO
CP
8
AA
AF
A

## STEP 2g
## FRAME ASSEMBLY

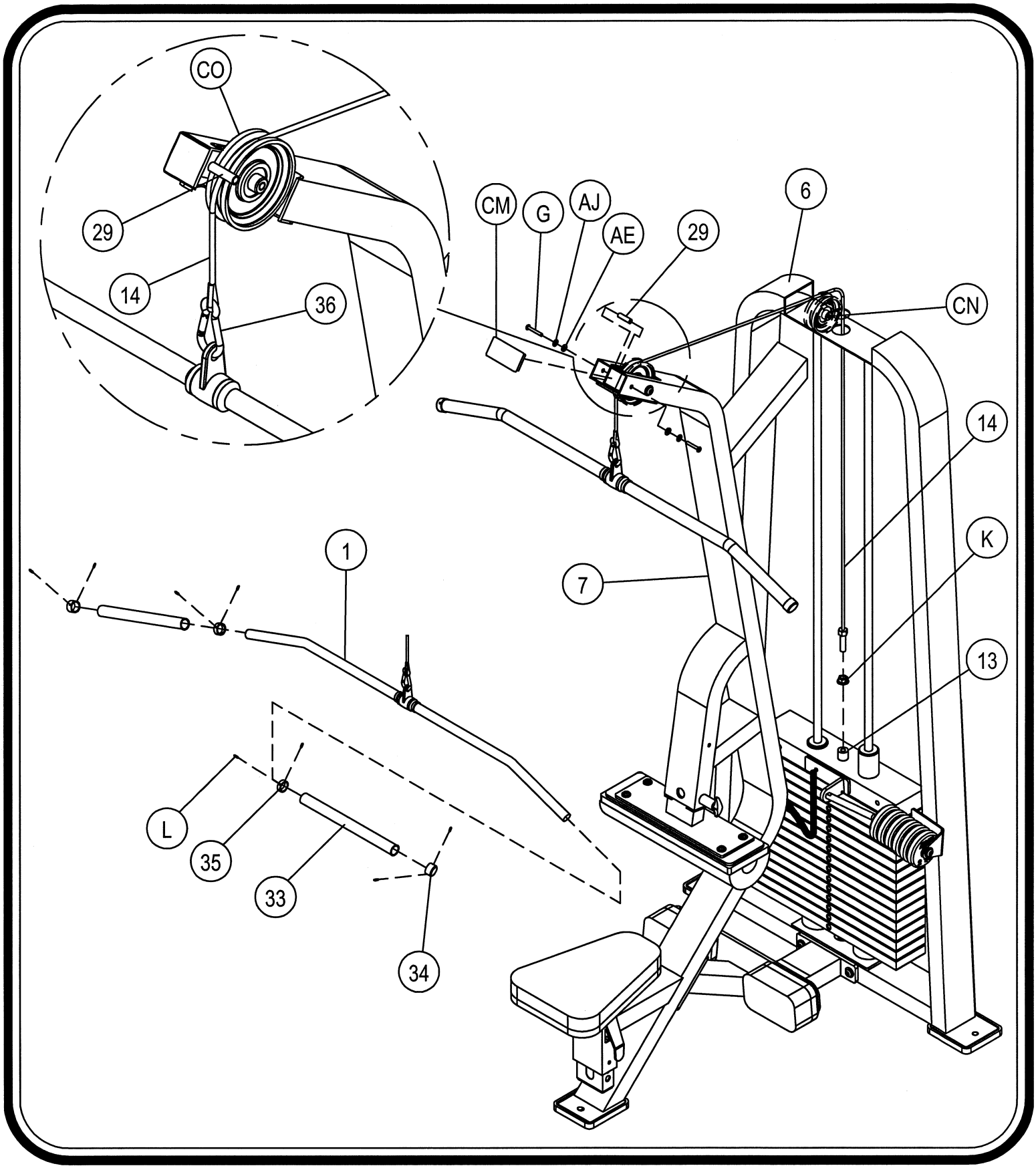
**Start assembly by attaching (14) to (13). Next feed (14) up through the 1 3/4" dia. hole of (6). Now feed (14) through the top slot of (7) and (14) should be on the groove of (CO) as shown. Next attach (29) to the inside of (7) slot. By now (14) should be in between (29) and (CO) groove. Wrench Tighten bolts. For the Lat bar (1), start one side of the handle by sliding (35) through the bar. Next slide (33) and (34) onto the handle. Once all three pieces are in place, secure (34) and slide (33) to flush with (34). Next slide (35) to flush with (33) and secure. Use the same procedure for the other side of the handle. See diagram for procedure. Allen Wrench Tighten screws.**

**Part Descriptions**

1 - LAT BAR ASSEMBLY
6 - WEIGHT CAGE ASSEMBLY
7 - SEAT FRAME ASSEMBLY
13 - 16 HOLE PLATE SELECTOR STEM
14 - 92 1/2" LG. CABLE
29 - PULLEY SPACER STOPPER
33 - RUBBER GRIP
34 - ALUMINUM END CAP
35 - ALUMINUM RING
36 - SNAP LINK

**Hardware Descriptions**

G - 5/16"-18 x 2" BHCS (WZ)
K - SERRATED HEX NUT (WZ)
L - 10-32 x 1/8" SET SCREW
AE - 5/16" FLAT WASHER (WZ)
AJ - 5/16" INTERNAL LOCK WASHER (WZ)
CM - 2" x 4" END CAP (HH)
CN - 3 1/2" PULLEY
CO - 4 1/2" PULLEY


CO
29
14
36
CM
G
AJ
AE
29
6
CN
14
K
13
1
7
L
35
33
34

## STEP 2h
## FRAME ASSEMBLY

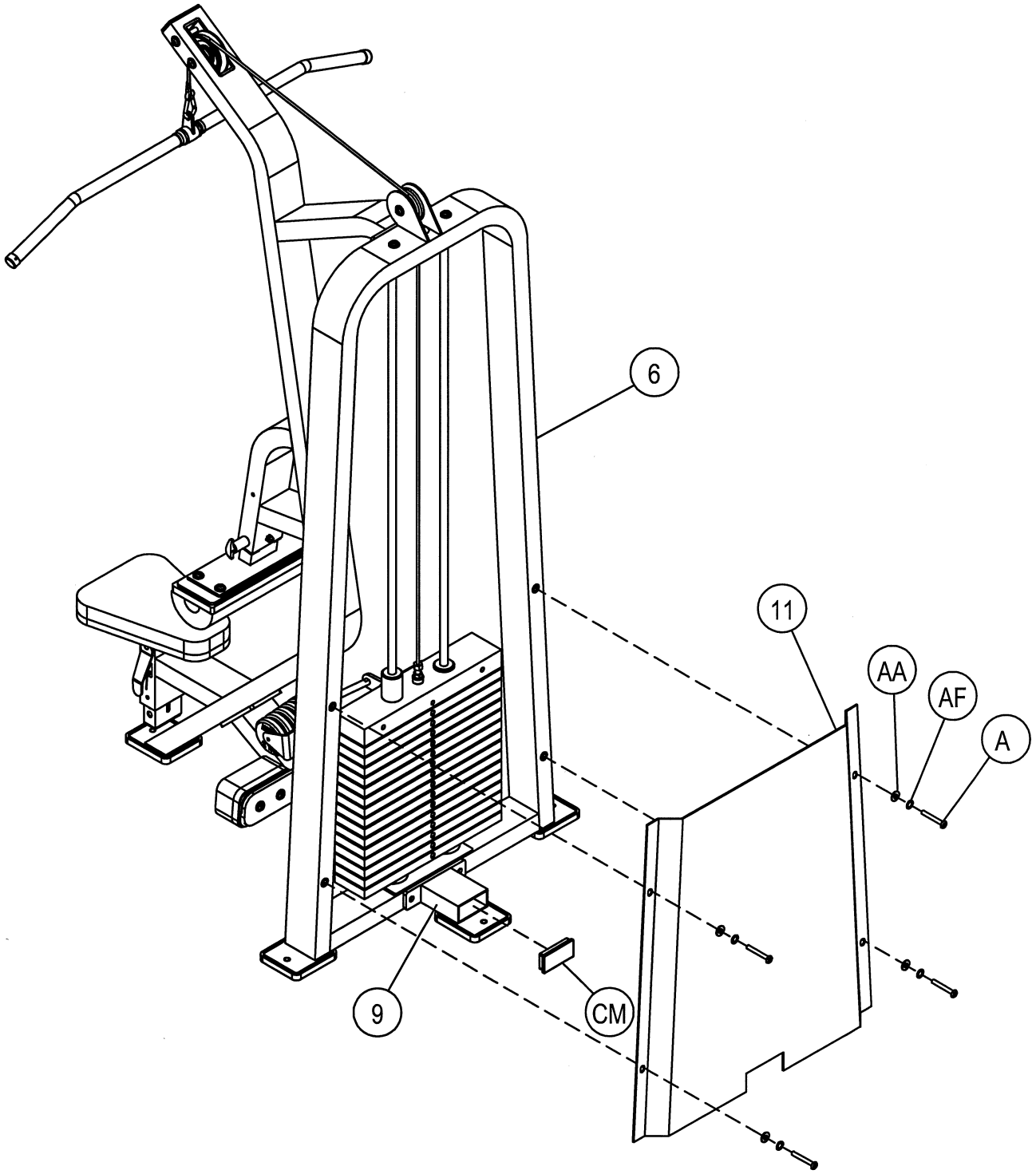
**Attach (11) to (6) to complete the assembly. Next attach (CM) to the end of (9). Wrench Tighten all bolts.**

**Part Descriptions**

**6 - WEIGHT CAGE ASSEMBLY**
**9 - SUPPORT STABILIZER ASSEMBLY**
**11 - 14 GA WEIGHT SHIELD**

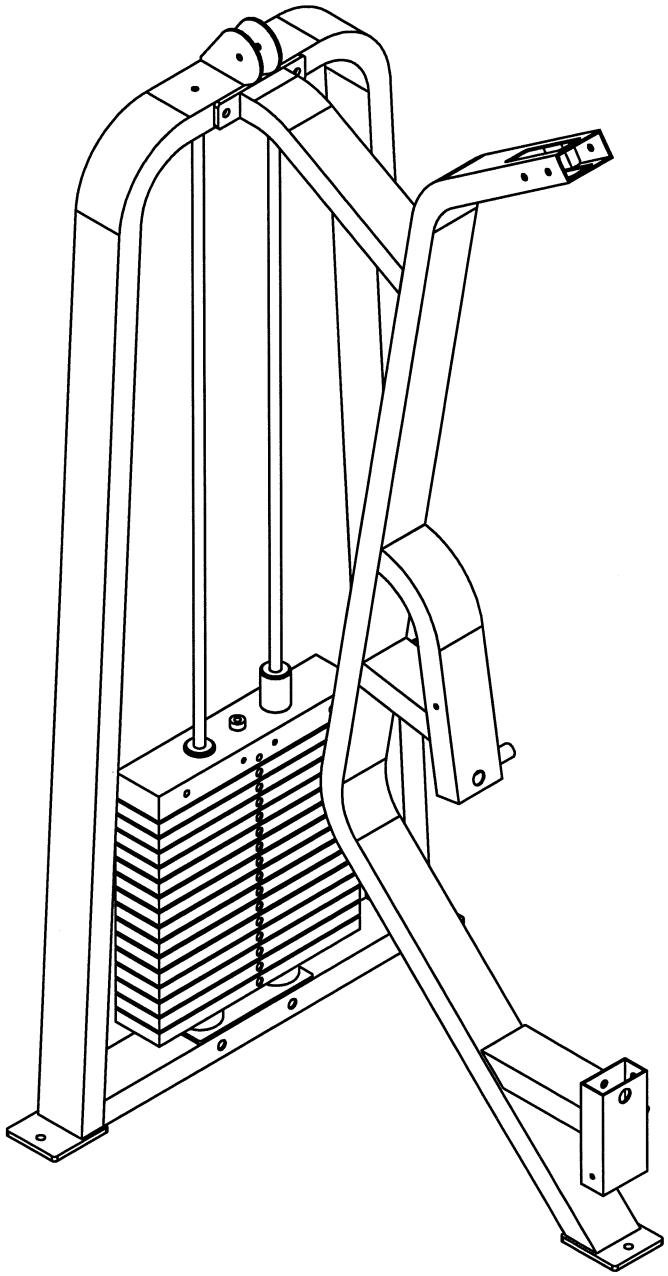
**Hardware Descriptions**

**A - 1/2"-13 x 1 1/2" BHCS (WZ)**
**AA - 1/2" FLAT WASHER (WZ)**
**AF - 1/2" INTERNAL LOCK WASHER (WZ)**
**CM - 2" x 4" END CAP (HH)**


6
11
AA
AF
A
9
CM

# Step 3

## PRE-ASSEMBLY



# Step 3a

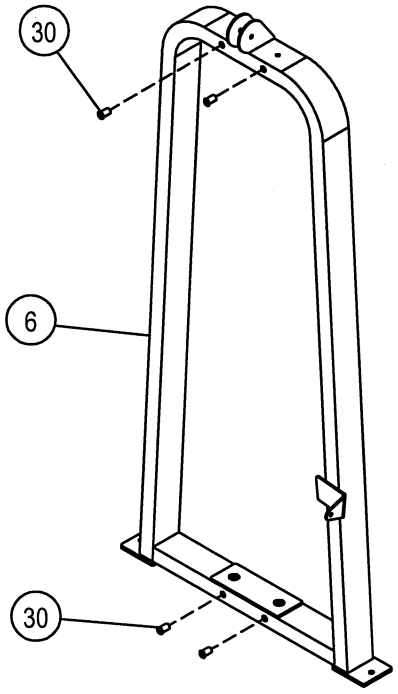
## PRE-ASSEMBLY

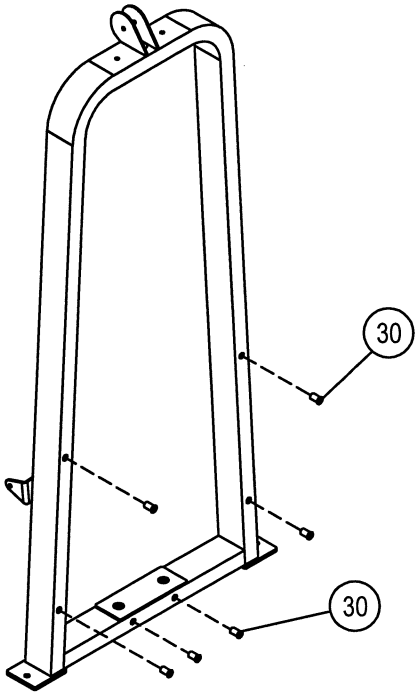
### Part Descriptions

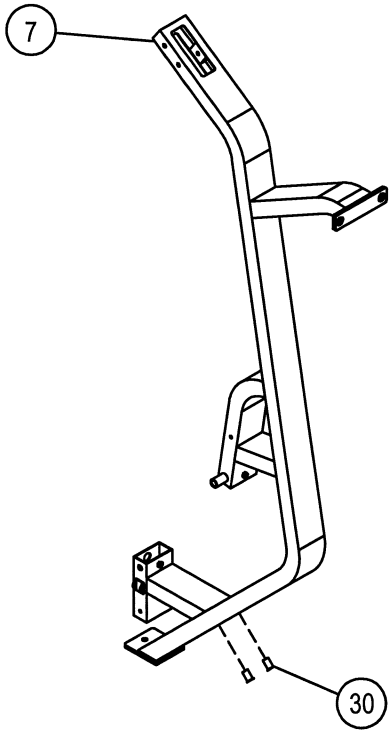
6 - WEIGHT CAGE ASSEMBLY
7 - SEAT FRAME ASSEMBLY
12 - 15 LB. ALUMINUM TOP PLATE
13 - 16 HOLE PLATE SELECTOR STEM
21 - 20 LB. INTERMEDIATE WEIGHT
30 - 1/2" INSERT
31 - TOP WEIGHT OPEN ROLL PIN

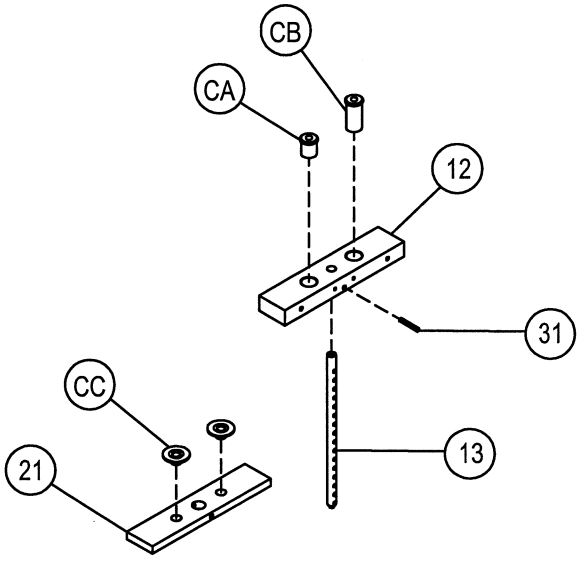
### Hardware Descriptions

CA - GUIDE BEARING (SHORT)
CB - GUIDE BEARING (TALL)
CC - WEIGHT GAR MET


30
6
30


30
30


7
30


CB
CA
12
31
CC
21
13

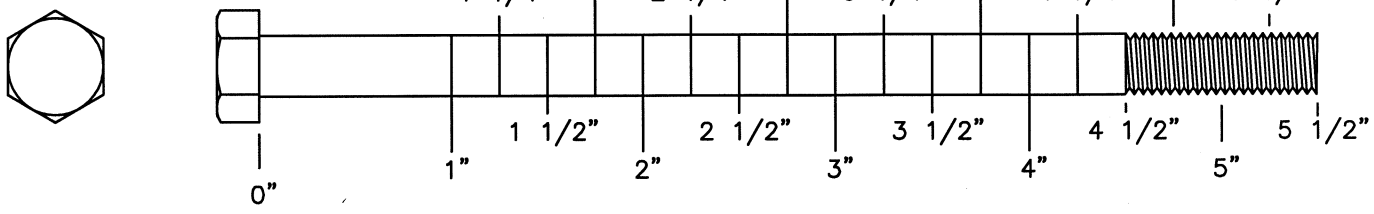
# PART LISTING

| Key# | Qty. | Part Number | Description |
|---|---|---|---|
| 1 | 1 | 026-01X0180 | LAT BAR ASSEMBLY |
| 2 | 1 | 026-01X0155 | CENTER RH BRK (ADD ON) |
| 3 | 1 | 026-01X0158 | LATCH ASSEMBLY |
| 4 | 1 | 026-01X0162 | SEAT ADJ. ASSEMBLY (9 HOLES) |
| 5 | 1 | 026-01X0314 | KNEE CHROME ADJ. ASSEMBLY |
| 6 | 1 | 026-01X0623 | WEIGHT CAGE ASSEMBLY |
| 7 | 1 | 026-01X0624 | SEAT FRAME ASSEMBLY |
| 8 | 1 | 026-01X0625 | BRACE ASSEMBLY |
| 9 | 1 | 026-01X0632 | SUPPORT STABILIZER ASSY. |
| 10 | 2 | 026-01G0138 | Ø3/4" x 73" GUIDE ROD |
| 11 | 1 | 026-1100073 | 14 GA WEIGHT SHIELD |
| 12 | 1 | 26-STD-SWTOP11 | 15 LB. ALUMINUM TOP PLATE |
| 13 | 1 | 026-STD-SW111 | 16 HOLE PLATE SELECTOR STEM |
| 14 | 1 | 010-01C0248 | 92 1/2" LG. CABLE |
| 15 | 1 | 26-STD-SU4738L | SHIN PAD (LEFT SIDE) |
| 16 | 2 | 26-STD-SUB4738 | SHIN PAD BACKING |
| 17 | 1 | 26-STD-SU512171116 | KNEES UPHOLSTERY |
| 18 | 1 | 26-STD-SUB12171116 | KNEES UPHOLSTERY BACKING |
| 19 | 1 | 26-STD-SU121412 | SEAT UPHOLSTERY |
| 20 | 1 | 26-STD-SU4738R | SHIN PAD (RIGHT SIDE) |
| 21 | 15 | 026-01W0104 | 20 LB. INTERMEDIATE WEIGHT |
| 22 | 7 | 026-1300024 | 2 1/2 LB. ADD ON WEIGHT |
| 23 | 2 | 026-01M0295 | ADD ON ROD |
| 24 | 1 | 026-01M0134 | SELECTOR PIN |
| 25 | 1 | 026-01M0309 | C-CLIP |
| 26 | 1 | 026-01M0503 | LATCH SPRING |
| 27 | 1 | 014-0015001 | C-CLIP SHAFT |
| 28 | 1 | 026-01X0185 | 1 1/2" SHORT PULL PIN (HEX HEAD) |
| 29 | 1 | 026-01M0325 | PULLEY SPACER STOPPER |
| 30 | 12 | 014-0014001 | 1/2" INSERT |
| 31 | 1 | 30-RPN-7163 | TOP WEIGHT OPEN ROLL PIN |
| 32 | | | |
| 33 | 2 | 026-01P206-8 | RUBBER GRIP |
| 34 | 2 | 026-01M0323 | ALUMINUM END CAP |
| 35 | 2 | 026-01M0324 | ALUMINUM RING |
| 36 | 1 | 20-SNP-516 | SNAP LINK |

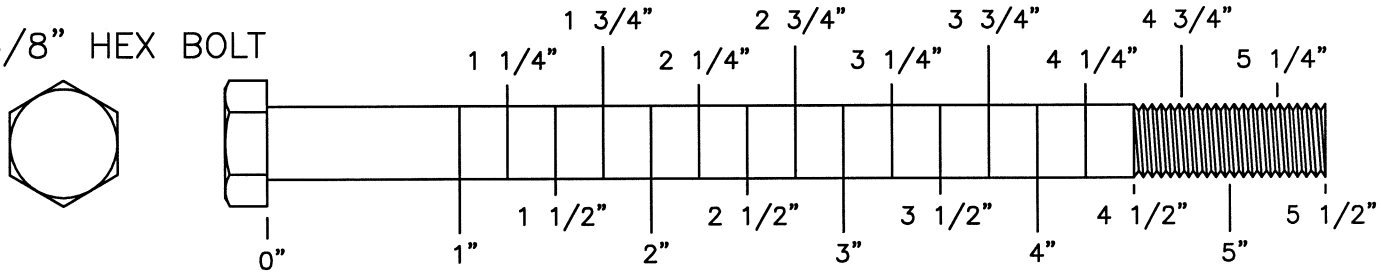
# HARDWARE LISTING

| Key# | Qty. | Part Number | Description |
|---|---|---|---|
| A | 12 | 011-0101047 | 1/2"-13 x 1 1/2" BHCS (WZ) |
| B | 1 | 011-0101026 | 3/8"-16 x 1" BHCS (WZ) |
| C | 2 | 011-0101016 | 3/8" -16 x 2 3/4" BHCS (WZ) |
| D | 2 | 011-0101041 | 3/8" -16 x 3/4" BHCS (WZ) |
| E | 1 | 011-0201003 | 3/8" -16 x 1" BHCS (BZ) |
| F | 2 | 011-0201006 | 5/16"-18 x 1" BHCS (BZ) |
| G | 2 | 011-0101031 | 5/16"-18 x 2" BHCS (WZ) |
| H | 12 | 011-0101062 | 5/16"-18 x 1 1/4" BHCS (WZ) |
| I | 2 | 011-0311013 | 3/8"-16 x 3/4" SQUARE HEAD SCREW |
| J | 2 | 011-0101034 | 3/8"-16 x 1 1/4" BHCS (WZ) |
| K | 1 | 011-0202001 | SERRATED HEX NUT (WZ) |
| L | 8 | 011-031100 | 10-32 x 1/8" SET SCREW |
| | | | |
| AA | 12 | 013-0102003 | 1/2" FLAT WASHER (WZ) |
| AB | 7 | 013-0002004 | 3/8" FLAT WASHER (WZ) |
| AC | 1 | 013-0202004 | 3/8" FLAT WASHER (BZ) |
| AD | 2 | 013-0202003 | 5/16" FLAT WASHER (BZ) |
| AE | 14 | 013-0002001 | 5/16" FLAT WASHER (WZ) |
| AF | 12 | 013-0302014 | 1/2" INTERNAL LOCK WASHER (WZ) |
| AG | 2 | 013-0102020 | 3/8" SPLIT WASHER (WZ) |
| AH | 5 | 013-0102022 | 3/8" INTERNAL LOCK WASHER (WZ) |
| AI | 2 | 013-0206002 | 5/16" INTERNAL LOCK WASHER(BZ) |
| AJ | 10 | 013-0102021 | 5/16" INTERNAL LOCK WASHER(WZ) |
| AK | 1 | 013-0206003 | 3/8" INTERNAL LOCK WASHER (BZ) |
| | | | |
| CA | 1 | 014-0009006 | GUIDE BEARING (SHORT) |
| CB | 1 | 014-0009005 | GUIDE BEARING (TALL) |
| CC | 30 | 019-0008002 | WEIGHT GAR MET |
| CD | 1 | 010-0008001 | SELECTOR PIN LANYARD |
| CE | 2 | 013-0602003 | ADD-ON WEIGHT PLASTIC WASHER |
| CF | 4 | 026-01PL195 | RUBBER FOOT PAD |
| CG | 1 | 026-01PL268 | GUIDE ROD MOUNT |
| CH | 2 | 026-01PL201 | WEIGHT BUMPER |
| CI | 2 | 026-01PL134 | GUIDE ROD BUSHING |
| CJ | 1 | 026-01PL125 | EZ GLIDE SLEEVE |
| CK | 1 | 026-01PL293 | RUBBER THUMB PAD |
| CL | 1 | 16-CAP-112312 | 1 1/2" x 3 1/2" END CAP |
| CM | 2 | 026-01PL187RH | 2" x 4" END CAP (HH) |
| CN | 2 | 018-0002008 | 3 1/2" PULLEY |
| CO | 1 | 018-0002009 | 4 1/2" PULLEY |
| CP | 1 | 026-01PL203 | PLASTIC SLEEVE |

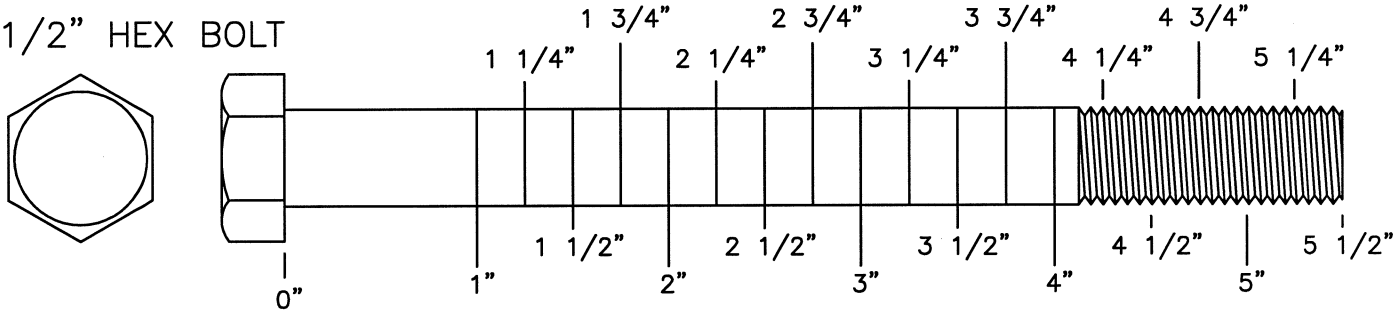
5/16" HEX BOLT



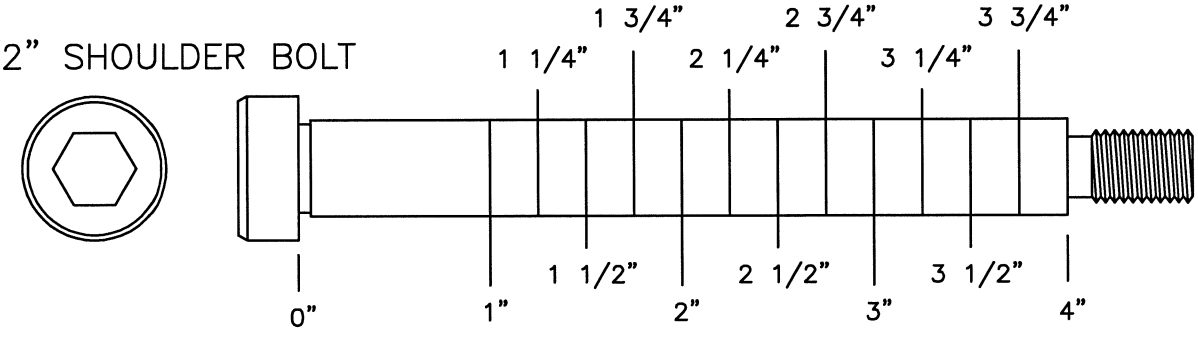

3/8" HEX BOLT



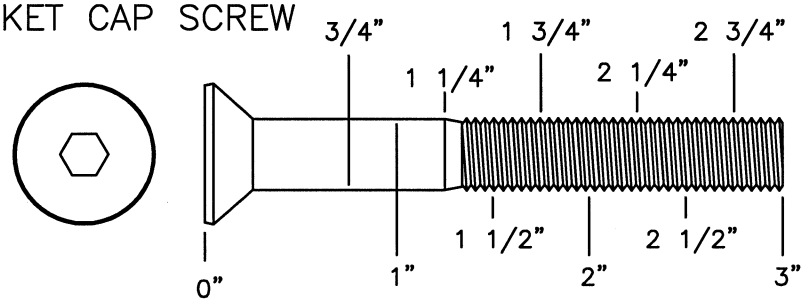

1/2" HEX BOLT



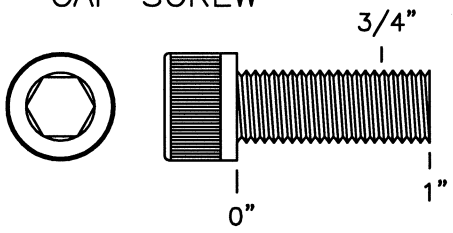

1/2" SHOULDER BOLT



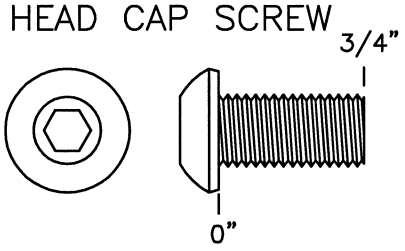
3/8" FLATHEAD
SOCKET CAP SCREW



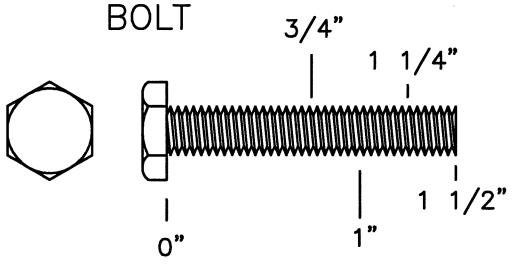

3/8" SOCKET
CAP SCREW



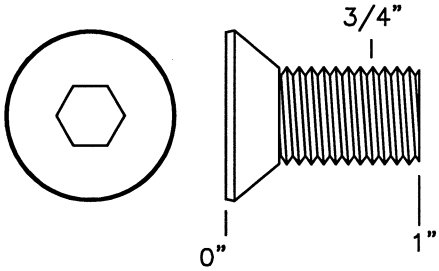

3/8" BUTTON
HEAD CAP SCREW



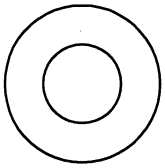

1/4" HEX
BOLT



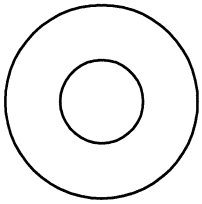

1/2" FLATHEAD
SOCKET CAP SCREW



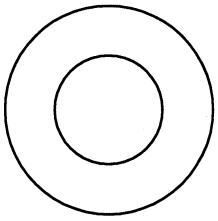
5/16"
FLAT WASHER
LARGE, USS, 25mm



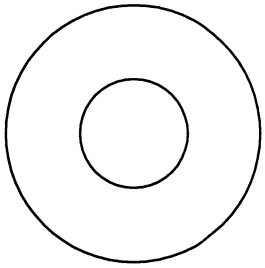
3/8"
FLAT
WASHER



1/2"
FLAT WASHER
SMALL, SAE, 26mm

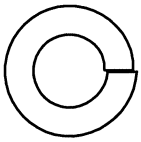


1/2"
FLAT WASHER
LARGE, USS, 34mm

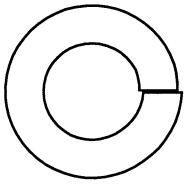


1/4"
LOCK WASHER

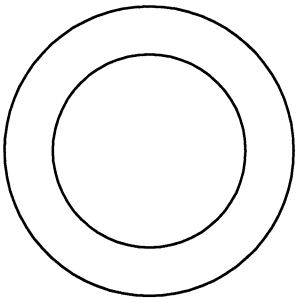
3/8"
LOCK WASHER



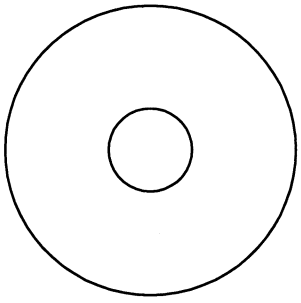
1/2"
LOCK WASHER



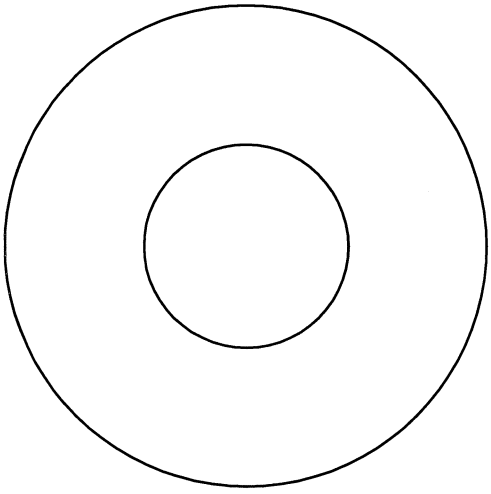
1" SHIM WASHER



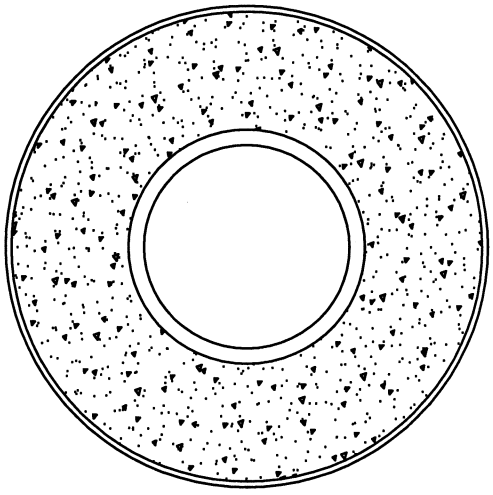
3/8" FENDER WASHER



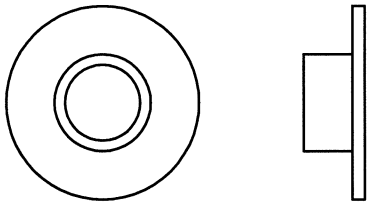
1 1/16"
FENDER WASHER



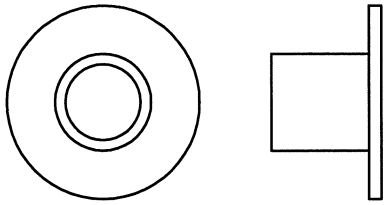
PLASTIC 1 1/16"
FENDER WASHER



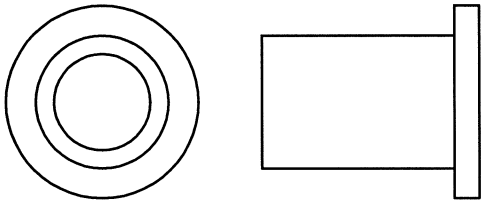
1/4" LONG
FLANGED SPACER



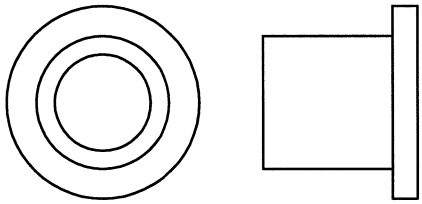
1/2" LONG
FLANGED SPACER



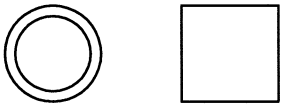
1/4" LONG HEAVY
FLANGED SPACER



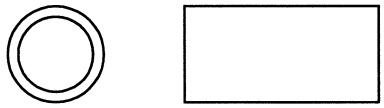
11/16" LONG HEAVY
FLANGED SPACER



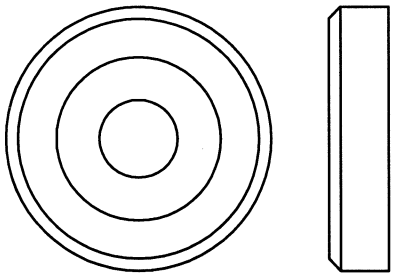
1/2" LONG
SPACER



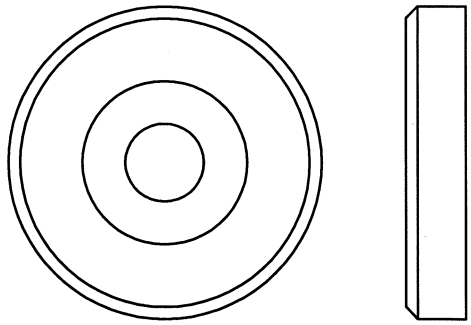
1" LONG
SPACER



1 3/8" ALUMINUM
FLATHEAD CAP



1 5/8" ALUMINUM
FLATHEAD CAP



# WEIGHT TRAINING TIPS

**Always consult your physician before starting any exercise program.**

**Hoist equipment is designed to maximize your time spent working out. Having an exercise routine planned out in advance will allow you to get the most benefit out of the time spent exercising, and will also enable you to work all the major muscle groups.**

**Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.**

**Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.**

**Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.**

**Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.**

# WEIGHT TRAINING EXERCISE LOG

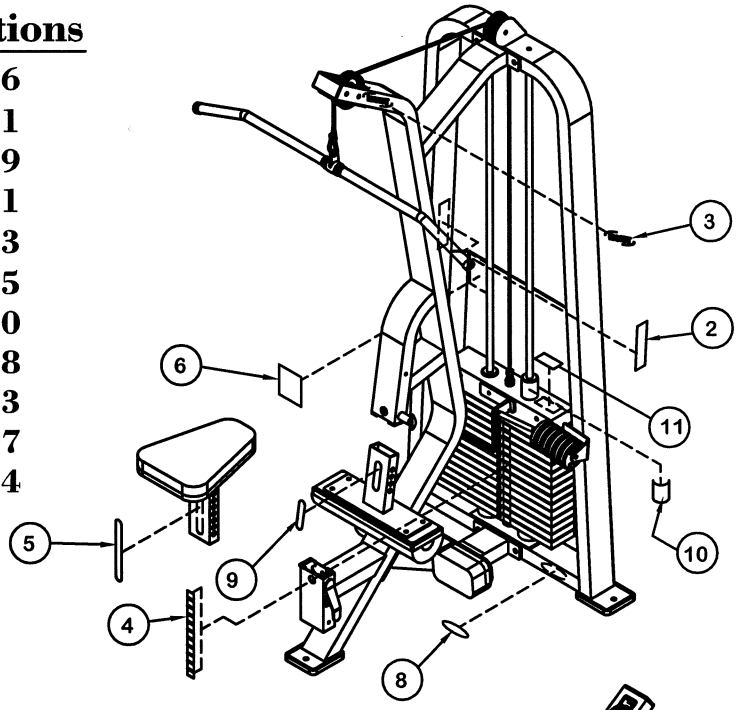
**S = Sets R = Repetition per set W = Weight used**

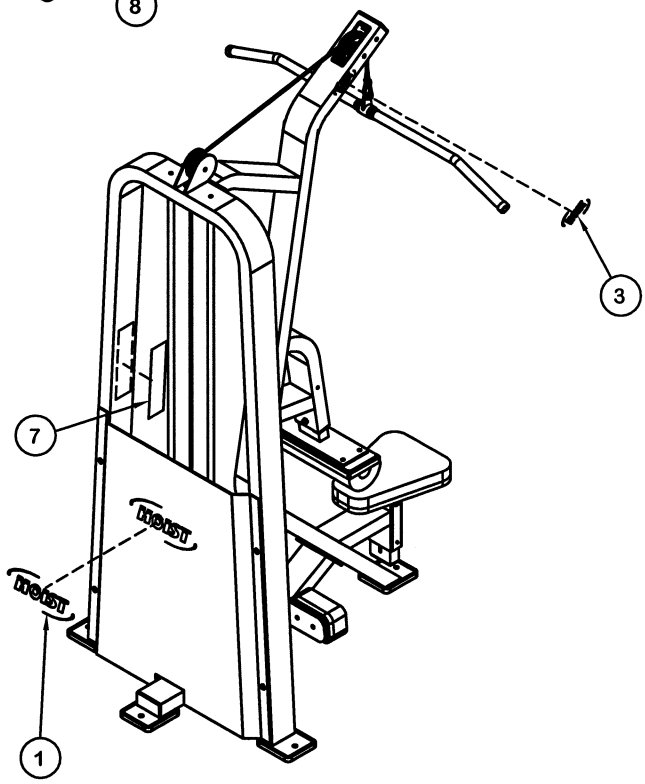
| Date | | |

# DECAL PLACEMENTS

## Decal Descriptions

1 - 021-0004026
2 - 021-0003131
3 - 021-0004029
4 - 021-0003011
5 - 021-0004023
6 - 021-0013065
7 - 021-0003130
8 - 021-0004078
9 - 021-0004033
10 - 021-0003107
11 - 021-0003114



# DECAL PLACEMENTS

***These decals has been attached to this piece of equipment to provide information regarding operation, safety and maintenance. Before use, take the time to read these decals.***

HOIST®

*021-0004026*

NOTICE

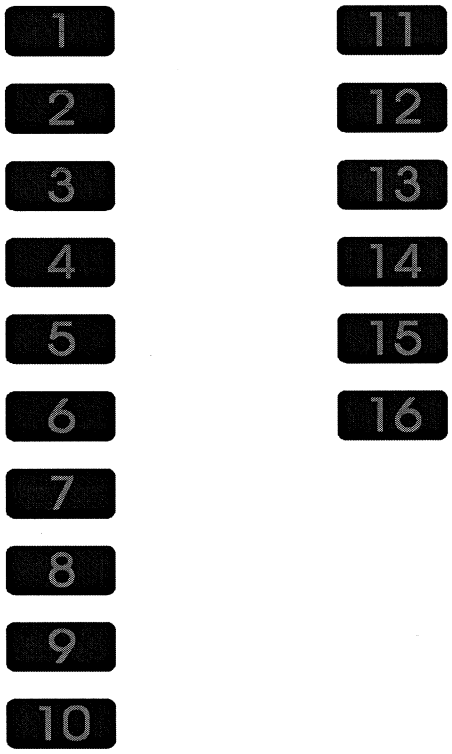
| ROUTINE MAINTENANCE | Daily | Weekly | Monthly | 6 Months | Yearly |
|---|---|---|---|---|---|
| Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins | X | | | | |
| Clean; Upholstery | X | | | | |
| Inspect; Cables or Belts and their tension | X | | | | |
| Inspect; Accessory Bars and Handles | | X | | | |
| Inspect; All Decals | | X | | | |
| Inspect; All Nuts and Bolts, Tighten if Needed | | X | | | |
| Inspect; Anti- Skid Surfaces | | X | | | |
| Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube) | | | X | | |
| Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearings | | | X | | |
| Clean and Wax; All Glossy Finishes | | | | X | |
| Repack with Grease; Linear Bearings | | | | X | |
| Replace; Cables, Belts and Connecting Parts | | | | | X |

*021-0003131*

# DECAL PLACEMENTS

***These decals has been attached to this piece of equipment to provide information regarding operation, safety and maintenance. Before use, take the time to read these decals.***

*021-0004029*




*021-003011*

# DECAL PLACEMENTS

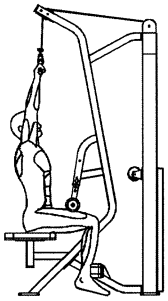
***These decals has been attached to this piece of equipment to provide information regarding operation, safety and maintenance. Before use, take the time to read these decals.***

**1 2 3 4 5 6 7 8 9**

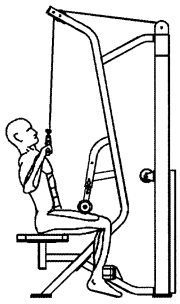
*021-0004023*

HOIST® FITNESS SYSTEMS

## CL 2201
### LAT PULLDOWN



*Start / End Position*



*Midpoint Position*

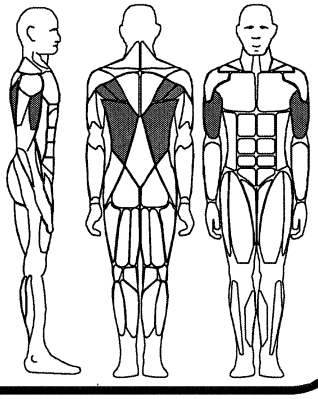
***Exercise Instructions***

1. **Adjust seat height.**
2. **Adjust thigh stabilization pads.**
3. **Select desired exercise weight.**
4. **Stand and grip lat bar, then be seated positioning thighs under stabilization pads.**
5. **Start with arms fully extended, then pull the lat bar down to top of chest with a smooth controlled movement. Return back to starting position and perform desired number of repetitions.**

***MUSCLES TRAINED***

**PRIMARY:**
**Lats**

**SECONDARY:**
**Biceps**

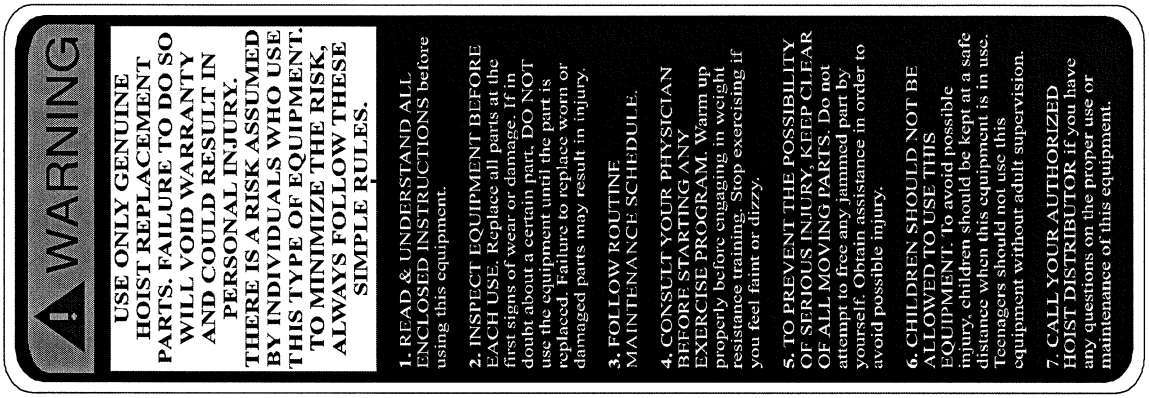


- ➢ Read and understand all instructions before using this equipment.
- ➢ Inspect equipment for loose, worn or frayed parts. If in doubt about a certain part DO NOT use this machine.
- ➢ Keep hands and feet away from moving parts. DO NOT attempt to free any jammed part by yourself..
- ➢ Always consult a physician before starting any exercise program.
- ➢ Stop your workout immediately if you feel faint or dizzy.
- ➢ Warm up before and cool down after engaging in weight resistance training.
- ➢ Take your time and don't rush the exercise. Practice proper breathing, NEVER hold your breath.

*021-0013065*

# DECAL PLACEMENTS

***These decals has been attached to this piece of equipment to provide information regarding operation, safety and maintenance. Before use, take the time to read these decals.***


WARNING
USE ONLY GENUINE HOIST REPLACEMENT PARTS. FAILURE TO DO SO WILL VOID WARRANTY AND COULD RESULT IN PERSONAL INJURY.
THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE THE RISK, ALWAYS FOLLOW THESE SIMPLE RULES.
1. READ & UNDERSTAND ALL ENCLOSED INSTRUCTIONS before using this equipment.
2. INSPECT EQUIPMENT BEFORE EACH USE. Replace all parts at the first signs of wear or damage. If in doubt about a certain part, DO NOT use the equipment until the part is replaced. Failure to replace worn or damaged parts may result in injury.
3. FOLLOW ROUTINE MAINTENANCE SCHEDULE.
4. CONSULT YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM. Warm up properly before engaging in weight resistance training. Stop exercising if you feel faint or dizzy.
5. TO PREVENT THE POSSIBILITY OF SERIOUS INJURY, KEEP CLEAR OF ALL MOVING PARTS. Do not attempt to free any jammed part by yourself. Obtain assistance in order to avoid possible injury.
6. CHILDREN SHOULD NOT BE ALLOWED TO USE THIS EQUIPMENT. To avoid possible injury, children should be kept at a safe distance when this equipment is in use. Teenagers should not use this equipment without adult supervision.
7. CALL YOUR AUTHORIZED HOIST DISTRIBUTOR if you have any questions on the proper use or maintenance of this equipment.

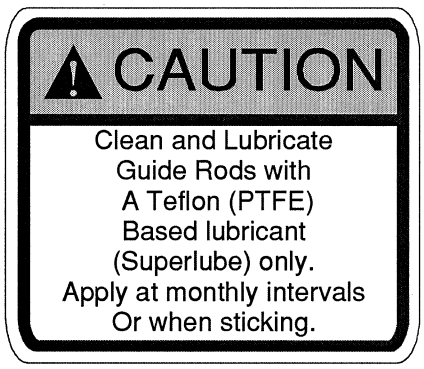
*021-0003130*

*021-0004078*

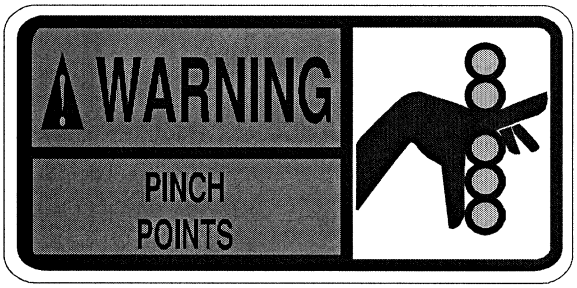
*021-0004033*

# DECAL PLACEMENTS

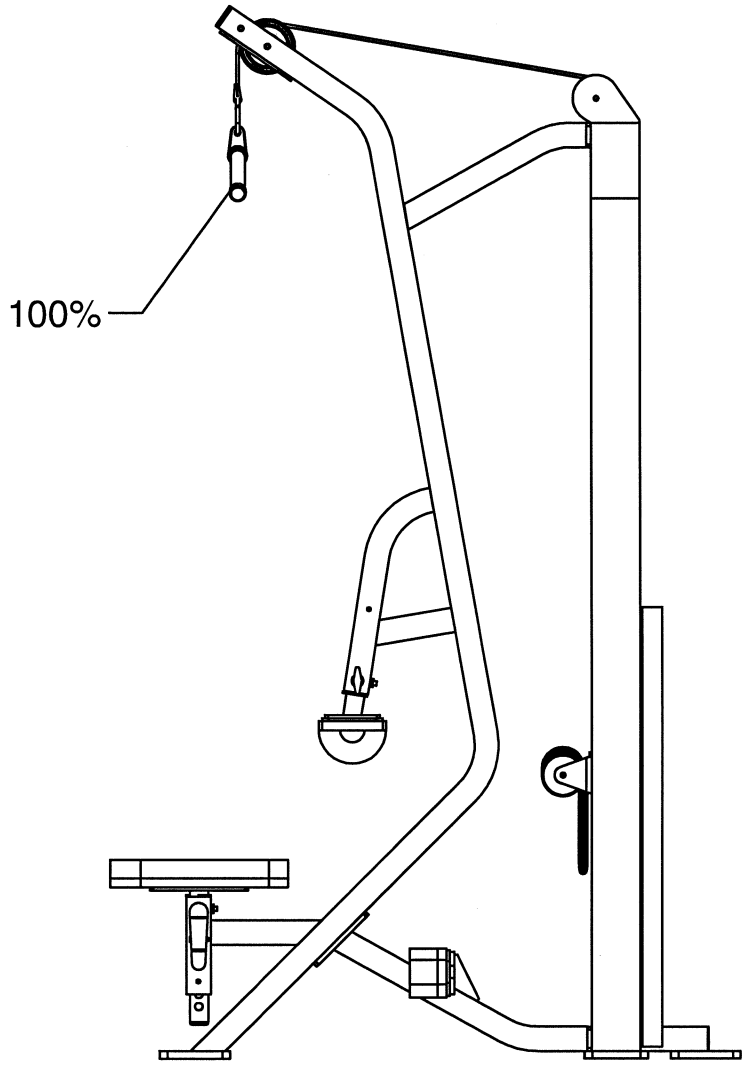
***These decals has been attached to this piece of equipment to provide information regarding operation, safety and maintenance. Before use, take the time to read these decals.***




*021-0003107*




*021-0003114*




| | 100% | % |
|---|---|---|
| 1 | 15 | - |
| 2 | 35 | - |
| 3 | 55 | - |
| 4 | 75 | - |
| 5 | 95 | - |
| 6 | 115 | - |
| 7 | 135 | - |
| 8 | 155 | - |
| 9 | 175 | - |
| 10 | 195 | - |
| 11 | 215 | - |
| 12 | 235 | - |
| 13 | 255 | - |
| 14 | 275 | - |
| 15 | 295 | - |
| 16 | 315 | - |

The above chart shows the actual weight you are lifting when the ratios are applied. To find the actual weight you are lifting you would come down from the ratio being used and cross from the number of the weight plate you have pinned.

# HOIST FITNESS SYSTEMS
# GENERAL MAINTENANCE INFORMATION

**Links, Pull-Pins, Snap Locks, Swivels, Weight Stack Pins:**

**Check all pieces for signs of visible wear or damage.*

**Check springs in snap hooks and pull-pins for proper tension and alignment.*

**If the spring sticks or has lost its rigidity, replace it immediately.*

**Upholstery:**

**To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.*

**Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.*

**Replace ripped or warn upholstery immediately.*

**Keep sharp or pointed objects clear of all upholstery.*

**Guide Rods:**

**Wipe clean with a dust free rag. Lubricate once a week with a Silicon or Teflon based lubricant.*

**Decals:**

**Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.*

**Nuts and Bolts:**

**Inspect all nuts and bolts for any loosening and tighten if needed.*

**Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.*

**Anti-Skid Surfaces:**

**These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.*

**Belts and Cables:**

**Hoist uses only high quality belt, and mil-spec cables.*

**Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.*

**While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.*

**Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables has been replaced.*

# GENERAL MAINTENANCE INFORMATION
## (CONTINUED)

**Cable Tension:**

**Referring to the Owners Manual, check all cable bolts and attachment to be sure they are properly attached.*

**Check slack in cables and readjust cable tension if needed.*

**Seat Sleeves, Turcite Bushings:**

**Wipe down adjusting tubes with a dust free rag before applying lubricant.*

**Lubricate seat sleeves and turcite bushings with a Silicon or Teflon based lubricant spray.*

**Linear Bearings:**

**Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.*

**PLEASE KEEP THIS FOR YOUR RECORDS**

# MAINTENANCE SCHEDULE

| ROUTINE | COMMERCIAL MAINTENANCE | HOME MAINTENANCE | LATEST DATE ENTRY | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| Inspect;<br>Links, Pull Pins, Snap Locks,<br>Swivels, Weight Stack Pins | DAILY | WEEKLY | | | | | | | | | |
| Clean;<br>Upholstery | DAILY | WEEKLY | | | | | | | | | |
| Inspect;<br>Cables or Belts and their<br>tension | DAILY | WEEKLY | | | | | | | | | |
| Inspect;<br>Accessory Bars, and Handles | WEEKLY | 3 MONTHS | | | | | | | | | |
| Inspect;<br>All Decals | WEEKLY | 3 MONTHS | | | | | | | | | |
| Inspect;<br>All Nuts and Bolts, Tighten if needed | WEEKLY | 3 MONTHS | | | | | | | | | |
| Inspect;<br>Anti-Skid Surface | WEEKLY | 3 MONTHS | | | | | | | | | |
| Clean & Lubricate;<br>Guide Rods with a Teflon (PTFE)<br>based lubricant (Superlube) | MONTHLY | 3 MONTHS | | | | | | | | | |
| Lubricate;<br>Seat Sleeves, Turcite Bushings,<br>Linear Bearing | MONTHLY | 3 MONTHS | | | | | | | | | |
| Clean and Wax;<br>All Glossy Finishes | 6 MONTHS | YEARLY | | | | | | | | | |
| Repack with Grease;<br>Linear Bearings | 6 MONTHS | YEARLY | | | | | | | | | |
| Replace;<br>Cables, Belts and Connecting Parts | YEARLY | 3 YEARS | | | | | | | | | |

*Your equipment comes with a commercial maintenance decal.*
*For personal, in home use, please follow the home maintenance schedule listed above.*

# HOIST FITNESS SYSTEMS
# LIMITED LIFETIME WARRANTY

Hoist Fitness Systems warrants this product to the **original purchaser** to be free from defects in workmanship and/or materials under normal use or service. If at any time a component part is defective, Hoist Fitness Systems shall repair or replace it (at Hoist Fitness Systems option) within a reasonable period of time. This warranty does not cover costs of removal. transportation or reinstallation. This warranty shall not apply if the defect was caused by misuse, neglect or normal wear and tear.

Starting from the original date of purchase, normal wear and tear shall be considered as the following:

**COMERCIAL USE**; All malfunctions of upholstery, grips, paint, and chrome that occur after 180 days; all malfunctions of electronic components, belts, or cables after one year; all malfunctions of pulleys, bearings, or bushings that occur after five years. the frame and all welded components are warranted for the life of the product.

**HOME USE**; All malfunctions of grips, paint, and chrome that occur after one year; all malfunctions of electronic components, belts, cables, or upholstery that occur after three years; all malfunctions of pulleys, bearings, or bushings that occur after five years. the frame and all welded components are warranted for the life of the product.

Hoist Fitness Systems sole responsibility shall be to repair or replace the component within the terms stated above. Hoist Fitness Systems shall not be liable for any loss or damage of any kind including any incidental or consequential damages resulting, directly or indirectly from any warranty expressed or implied or any other failure of this product.

**WHAT IS NOT COVERED BY THIS WARRANTY**

Hoist's sole obligation under this warranty is limited to either repair or replacement of parts, subject to the additions below. This warranty neither assumes nor authorizes any person to assume obligations other than expressly covered by this warranty.

**NO CONSEQUENTIAL DAMAGES**. Hoist is not responsible for economic loss; profit loss; or special, indirect, or consequential damages.

**WARRANTY IS NOT TRANSFERABLE**. This warranty is not assignable and applies only in favor of the original purchaser/user to whom delivered. Any such assignment or transfer shall void the warranties herein made and shall void all warranties, expressed, implied or statutory, except the one (1) and (5) year warranty described above. These warranties are exclusive and in lieu of all other warranties, including implied warranty and merchantability or fitness for a particular purpose. There are no warranties which extend beyond the description on the face hereof.

**ALTERATION, NEGLECT, ABUSE, MISUSE, NORMAL WEAR & TEAR, ACCIDENT, DAMAGE DURING TRANSIT OR INSTALLATION FIRE, FLOOD, ACTS OF GOD**. Hoist is not responsible for the repair or replacement of any parts that Hoist determines have been subjected after the date of manufacture to alteration, neglect, abuse, misuse, normal wear & tear, accident, damage during transit or installation, fire, flood, or an **ACT OF GOD**.

**TRANSPORTATION COSTS**. Hoist will accept parts covered under this warranty freight collect, provided that shipment has received prior approval. Hoist is not responsible for any other transportation costs, but will ship freight collect parts either repaired or replaced under these warranties.

**WARRANTY CLAIMS**. All claims should include: model number, the serial number, proof of purchase, date of installation, and all pertinent information supporting the existence of the alleged defect.

Hoist Fitness Systems
9990 Empire St. #130
San Diego, Calif. 92126
(800)548-5438
Web Site - www.hoistfitness.com

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